**Purposeful Practice**

**WEEK 2**

**ENTHUSIASM:** An important feeling you get when you're excited about a goal and are motivated to work toward that goal.

*Mr. Walker is enthusiastic about being the best teacher he can be.*

**Skill-Related Circuit:**

As we complete each exercise station, be sure you are at least 6' from your classmates. The object of this exercise circuit is to learn the skill-related exercises that are used in the Tabata Dice Race that we’ll play next. There are 4 stations per category (balance, agility, coordination). Complete each station for 20-seconds and then rotate.

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**Just for Fun (and health)**

**WEEK 2**

**RESOURCE:** Supplies, opportunities, and support that a person can use in order to do a job or live productively.

*The park near Kendra’s house is a great resource that she can use to be physically active.*

**Skill-Related Tabata Dice Challenge:**

The object is to roll all numbers in order from left to right. Roll 2 dice. If you roll a 2, 3, or 9 — complete a Tabata interval of your choice within that number’s category. For example, 9 is the first number in the Coordination category. Choose a Coordination interval, complete it, then roll again. Continue until you complete all rows in each of the 3 categories.

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**Brain & Body Warm-Ups**

**WEEK 2**

**SKILL-RELATED FITNESS:** Six characteristics that contribute to a person's ability to successfully complete a physical performance. Agility, Balance, Coordination, Power, Reaction Time, and Speed.

*Improving skill-related fitness helps me participate in a variety of activities.*

**Pick-a-Card Fitness:** [YouTube]

We’re going to pick a random card from the deck and complete 20 seconds of an exercise in the skill-related category assigned to the suit of the card picked.

- Hearts = Agility
- Diamonds = Balance
- Clubs = Coordination
- Spades = Power